



Health Promotion Months/Dates

NOVEMBER

Event	Date/s	Ideas for General Practices
<p>Lung Cancer Awareness Helps raise awareness about lung cancer, the leading cause of cancer deaths in Australia Cancer Australia https://www.canceraustralia.gov.au/ Lung Foundation Australia https://lungfoundation.com.au/</p> 	All month	<ul style="list-style-type: none"> Change posters in your waiting-room to new focus for the month Post information on your Facebook and/or website Promote awareness of risk factors all age groups. Capture smoking status of patients as a QI activity QI activity - Family History focus Access education opportunities through Lung Foundation Australia for GPs, Nurses & Allied Health via enquiries@lungfoundation.com.au or call 1800 654 301.
<p>Perinatal Depression & Anxiety Awareness (PANDA) Week Raising awareness about perinatal anxiety and depression, including what to look for and where you can seek support. https://www.panda.org.au/awareness/panda-week</p> 	7th– 13 th November	<ul style="list-style-type: none"> Change posters in your waiting-room to new focus for the month Post information on your Facebook and/or website Develop a process to facilitate opportunity for clinicians to screen expectant & new parents for emotional wellbeing & mental health. Host a PANDA Day. Education conversations & sharing information with other family members – Grandparents, Siblings etc on what to look for & how to seek support.
<p>World Diabetes Day Raising awareness of the impact diabetes has on people who live with the condition, as well as their families and support networks. https://www.diabetesaustralia.com.au/ https://www.health.gov.au/resources/apps-and-tools/the-australian-type-2-diabetes-risk-assessment-tool-ausdrisk</p>	14 th November every year	<ul style="list-style-type: none"> Change posters in your waiting-room to new focus for the month Post information on your Facebook and/or website Screen patients for risk of developing Diabetes over the next 5 years (AUSDRISK) as a QI Activity. Set reminders in patient record to recalculate risk every 2 years Family History update



**PRIMARY CARE
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AND CENTRAL COAST
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